

Squishy sensory Bags

MATERIALS NEEDED

- Zippered plastic bags (various sizes)
- Strong Tape (duct or packing works best)
- Food coloring
- Primary "squishy" substance (hair gel, hand sanitizer, water, paint, rice, shaving cream, cornstarch & water, etc)
- Secondary items for texture and fun (glitter, buttons, beads, small plastic or foam toys, etc.)

ESTIMATED TIME: 5-10 min

STEPS

1. Fill a zippered plastic bag with your preferred "squishy" substance.
2. Add food coloring and fun texture items.
3. Squeeze out the excess air (but not all; you don't want a vacuum) and seal with tape.

Suggested activities:

- Ask your child to write letters or words in the squishy substance.
- Place a squishy bag inside another bag with math problems or sight words written on a sheet of paper. Push the substance around to find the "magic" words or formulas!
- Draw circles on the bag and encourage your child to sort by pushing around buttons by color or shape (without taking items out of the bag).
- Mix paint and explore color saturation in the bag without making a mess!

